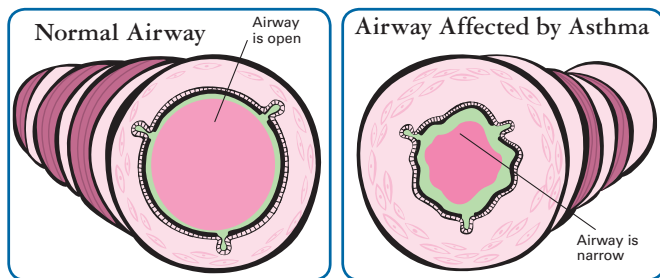


# Living Well With Asthma



Asthma is a chronic condition. That means once you have it, you're likely to have it for life. People with asthma have sensitive airways in their lungs. That means they can easily become more inflamed and swollen. Certain asthma triggers such as pollen, pet dander, dust mites, tobacco smoke, and mold can cause airway muscles to tighten. At the same time, the airways can produce excess mucus. Any of these things can make it harder for people with asthma to breathe.



## Better asthma control: What's in it for me?

Many people who actively manage their asthma are able to control their symptoms and have normal, active lives. Here's why. Better asthma control can:

- Help prevent ongoing symptoms such as coughing and shortness of breath.
- Reduce your need to use your rescue inhaler.
- Help you to sleep through the night and do normal activities during the day.
- Help prevent severe asthma attacks that could send you to the emergency room or hospital.

It takes an active partnership with your doctor to try to reach these goals.

For other health information, visit [MerckSource®](http://MerckSource.com) at [mercksource.com](http://mercksource.com).  
 Provided as an educational resource by Merck

## Your doctor can help by:

- Working with you to develop a treatment plan
- Working with you to develop a personal Asthma Action Plan to help you manage your asthma
- Giving you facts about the medicines that you have been prescribed
- Having clear and simple answers to your questions

## You can help your doctor by:

- Keeping a list of questions to ask to be sure you understand your treatment plan
- Following your Asthma Action Plan and keeping track of your asthma symptoms in a journal or notebook
- Taking all medicines as prescribed by your doctor
- Keeping your follow-up visits with your doctor
- Keeping your doctor up-to-date about how you are feeling

Together, these steps can help you manage your asthma so you can do more of the things you want to do.

